



A Walking School Bus

Children need at least of 60 minutes of physical activity each day. Finding ways to fit this in daily is hard for busy families. Making the choice to send your child to school on foot is a great way to be active. Parents often worry about their child's safety while walking alone for many reasons. A way to make sure your child is safe while walking to school is with a walking school bus. This is when a group of children walk to school with one or more adults. Here are some tips for a walking school bus:

- Invite families who live nearby to walk.
- Pick a route and take a test walk.
- Take side streets and paths that are less busy with traffic.
- Decide how often the group will walk together.
- Talk with your boss to adjust your day.
- Have fun!

For more information visit <http://saferoutestoschool.ca/walking-school-bus>, www.ottawa.ca/health or contact Ottawa Public Health at 613-580-6744.